



Adams Recreation Center

3491 Adams Avenue
San Diego, CA 92116
(619) 235-1149

<http://www.sandiego.gov/park-and-recreation/centers/adams.shtml>

"We Enrich Lives Through Quality Parks and Programs"

WINTER PROGRAM 2015-2016

HOURS OF OPERATION

| | |
|-----------|----------------|
| Monday | 12:00pm-8:00pm |
| Tuesday | 12:00pm-8:00pm |
| Wednesday | 12:00pm-8:00pm |
| Thursday | 12:00pm-8:00pm |
| Friday | 12:00pm-6:00pm |
| Saturday | 9:00am-4:00pm |
| Sunday | Closed |



RECREATION STAFF

| | |
|--------------------|-------------------|
| Michele Chicarelli | Area Manager II |
| Josh Lainfiesta | Center Director I |
| Jose Mendoza | GMW II |
| Marquise Stowers | Rec. Leader I |
| Rita Zay | Rec. Leader I |
| Tia Sherman | Rec Leader I |

NEIGHBORHOOD PARKS OF ADAMS

39th Street and Adams Avenue San Diego, CA 92116

Mountain View Mini Park

North Mountain View Drive San Diego, CA 92116



PROGRAMS AND FEES ARE SUBJECT TO CHANGE WITHOUT PRIOR NOTICE.

AS A RECIPIENT OF FEDERAL FUNDS, THE CITY OF SAN DIEGO CANNOT DISCRIMINATE AGAINST ANYONE ON THE BASIS OF RACE, COLOR, GENDER, RELIGIOUS CREED, MARITAL STATUS, SEXUAL ORIENTATION, ANCESTRY, NATIONAL ORIGIN, AGE, MENTAL OR PHYSICAL DISABILITY, MEDICAL CONDITION (INCLUDING HIV, AIDS & AIDS-RELATED COMPLEX). IF ANYONE BELIEVES HE OR SHE HAS BEEN DISCRIMINATED AGAINST, HE OR SHE MAY FILE A COMPLAINT ALLEGING THE DISCRIMINATION WITH EITHER THE CITY OF SAN DIEGO PARK AND RECREATION DEPARTMENT CONTACT THE DISTRICT MANAGER (619) 525-8242 OR THE OFFICE OF EQUAL OPPORTUNITY, U.S. DEPARTMENT OF THE INTERIOR, WASHINGTON, D.C. 20240. THIS INFORMATION IS AVAILABLE IN ALTERNATIVE FORMATS UPON REQUEST.

Youth Basketball

December 19, 2015 – March 5, 2016

Ages Divisions: 5 - 7, 8 – 10, 11 – 12 years old

Price: \$15 per player for the season



Come join our Adams Recreation Youth Basketball Team! We are committed to teach the game of Basketball in a fun, competitive and instructional atmosphere. We are focused on improving the ability of every player and to teach the values of team work. **Practice and game schedules will vary.**

Pee-Wee (Ages 5 – 7): Code **(22383)**

10 & Under Division: Code **(22380)**

12 & Under Division: Code **(22381)**

Location: Adams Outdoor Basketball Courts/Ward Canyon Neighborhood Park

REGISTER NOW! Online at SDRecConnect.com registering thru January 31, 2015.

You can also register at the Recreation Center on Tuesday's and Wednesday's between 1:00 - 4:00 pm.

Kendama Club

Come out to the Recreation Center and learn new tricks with your Kendama! Youth will work together to learn new Kendama tricks in this fun and great social setting.

Day: Mondays

Time: 4:00 pm – 5:00 pm

Ages: 5 -17 years old

Cost: **Free**



Arts and Crafts

Children will create and make fun art projects in a relaxed atmosphere. Staff will use art materials which involve watercolors, tempera paint, construction paper, craft kits and plaster molds.

Day: Tuesdays

Time: 4:00 pm – 5:00 pm

Ages: 5 – 17 years old

Cost: **Free**



Billiards Hour

Come learn how to shoot pool! Children will be taught how to correctly play billiards and how to use proper shooting technique. In addition to learning how to play, children will be lead in different variations of billiard games.

Day: Tuesdays

Time: 5:00 pm – 6:00 pm

Ages: 10 – 17 years old

Cost: **Free**



Cooking and Baking Class

Youth will learn how to prepare easy healthy snacks with hands on activities, food preparation and cooking. The baking portion of the class will take place on the last Thursday of each month!

Day: Thursdays

Time: 4:00 pm – 5:00 pm

Ages: 8 – 17 years old

Cost: **Free**



Yoga Class

This class is an introduction to intermediate yoga practices and principles. Instruction includes yoga postures, guided relaxations, and breathing practices. The benefits of yoga include increased flexibility, strength, balance, and body awareness as well as stress reduction.

Day: Saturdays

Time: 9:30 am – 11:00 am

Ages: 18 years old & Over

Cost: **Free**



Game Room

Monday – Thursday

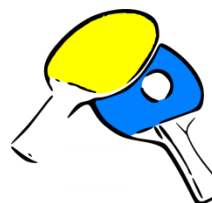
12:00 pm - 7:30 pm

Friday

12:00 pm - 5:30pm

Saturday

11:00 am - 3:30pm



Come and play a variety of games! From pool, table tennis, foosball, air hockey & various board games. We offer a variety of fun monthly tournaments. You can also challenge your friends on our Playstation 4 Game Console. ***Must have a photo ID to check equipment out.***

ADAMS TEENS

A.C.T (Advisory Committee for Teens) at Adams

Are you in middle school or in high school and wish there were more activities for your age-group at Adams Recreation Center? Well, let your voice be heard! Get involved at your Recreation Center and help plan teen activities and excursions. The committee will meet twice a month and will serve as the meeting place for teens to tell the Recreation Center what Teens want to do at the Recreation Center.



(Continued onto Next page)

Location: Adams Recreation Center- Meeting Room

Winter Teen Advisory Committee Meeting Dates:

January 13, 2016- Wednesday at 6:00 pm

January, 27, 2016- Wednesday at 6:00 pm

February 10, 2016- Wednesday at 6:00 pm

February 24, 2016- Wednesday at 6:00 pm

Ages: 13 – 17 years old Cost: **Free**

ADAMS TEENS

“Last Friday” Teen Nights

Come join us at the end of every month and celebrate Last Fridays! There will be video games, pizza, movies, music and activities. Cool prizes will also be raffled off!

Location: Adams Recreation Center

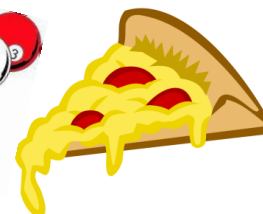
Winter “Last Friday” Teen Nights:

January 29, 2016- Friday 6 pm – 9 pm

February 26, 2016- Friday 6 pm – 9 pm

Ages: 13 – 17 years old

Cost: **Free**



GENERAL INFORMATION

ADAMS RECREATION ONLINE REGISTRATION

Register online for Programs offered by the Recreation Council using the Online Activity Registration System. Log on at **SDRecConnect.com**. Set up your account and browse classes now. **-Returning Customers** (who have previously registered for classes online) click the My Account button. Enter your login (email address) and password. If you’ve **forgotten your password**, click My Account, and then click the small “Forgotten?” link. Enter the email address you used when you created the account and the system will send you a temporary password via email. Log in with the temporary password and the system will prompt you for your “Current password” - which means the temporary password in this case - and a new password of your choice. Be sure to click Save! **-First Time Online Customers** Click the Create Account*** button. Fill out the New Account Request form completely for the primary responsible person, usually a parent or head of household, including all required fields, (Birth date, Gender, Email Address, etc.) and click Submit (or Submit & Add Family Member to add your other family members). In a short time, **check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link!** Note that it's possible this email will go to your “spam” folder, so check carefully. To avoid duplication, be sure to let others in your household know you've set up the account. *****Important!** If you are registering a child for an activity, please use **your own** information, not your child's, when first completing the New Account Request form. Once you have filled it out for yourself, click “Submit,” or “Submit & Add Family Member” to add others such as your spouse and children. You can also easily children later after you've created and confirmed the account. **Be sure to check your email for a confirmation message with a special first-time activation link. You will not be able to use your new account until you've used this special link! If you need help** please click the FAQs (Frequently Asked Questions) button in the online registration page.

PARK PERMIT REGISTRATION

- Permits for Adams Recreation Center and its neighboring parks are accepted in person at Adams Recreation Center’s main office on Tuesday’s and Wednesdays from **1:00 – 4:00 pm** or you can call **(619) 235-1149** to schedule an appointment.
- We accept EXACT cash, credit card or check payment payable to “City Treasurer”. The office does not carry any change.
- Walk in permit registration is accepted on a first come first serve basis.

Special Equipment (kid’s air jumpers) permits - Upon completion of your permit, you must have the name of the business providing the jumper along with the company’s proof of insurance and letter of endorsement.

ADAMS RECREATION COUNCIL

The Adams Recreation Center is a public facility operated by the City of San Diego. The Adams Recreation Council meets on the fourth Tuesday of every month at 7:00 pm. This is a great opportunity to get involved in planning recreation opportunities in the community.

EQUIPMENT CHECK OUT

You can check out a variety of recreational equipment including: footballs, basketballs, soccer balls, ping-pong, board games etc... Picture ID required.

VOLUNTEERS NEEDED!

Ongoing opportunities are available at recreation centers, pools and regional parks throughout the City, as well as with senior and therapeutic recreation programs. If you would like to volunteer, please see staff for more information, or visit www.sandiego.gov/park-and-recreation/general-info/volunteer.shtml or contact the Volunteer Office at (619) 533-4017.

Public Holidays Recreation Center Closed

Christmas Day 12/25/15

New Years Day 01/01/16

Martin Luther King, Jr. Day 01/18/16

Presidents' Day 01/15/2016

As a recipient of federal funds, the City of San Diego cannot discriminate against anyone on the basis of race, color, creed, sex, age, national origin or ancestry, religion, pregnancy, physical or mental disability, veteran status, marital status, medical condition, gender (transsexual and transgender), sexual orientation, as well as any other category protected by federal, state or local laws. If anyone believes he or she has been discriminated against, he or she may file a complaint alleging the discrimination with the City of San Diego Park and Recreation Department (contact District Manager (619) 525-8242) or the Office of Equal Opportunity, U.S. Department of the Interior, Washington, D.C. 20240. This information is available in alternative formats upon request./La Ciudad de San Diego, como recipiente de fondos federales, no puede discriminar en contra de ninguna persona en la base de raza, color, credo, sexo, edad, origen nacional o ascendencia, religión, embarazo, incapacidad física o mental, la estado de veterano, estado civil, condición médica, género (transexual y transgénero), orientación sexual, así como cualquier otra categoría protegidas por medio de leyes federal, del estado o local. Si alguien cree que se le discrimina, el o ella puede someter una queja alegando la discriminación con el Departamento de Parques y Recreación de la Ciudad de San Diego (llame a la Supervisora del Distrito (619) 525-8242) o con la Oficina De Oportunidades Imparciales del Departamento del Interior de los EE.UU. Washington, D.C. 20240. A petición esta información esta disponible en formatos alternativos.

